



## The "Muscle Nerd's" Personal "Pre-Workout 2-Phase Primer" Recipe

**Goal: Prepare You For Endless Energy And Killer Intensity In The Gym!**

<p><b>Supplement Recipe Ingredients:</b></p>	<p><b>Phase 1 – Taken 45 Minutes Prior To Training:</b></p> <ul style="list-style-type: none"><li>• BCAA Powder: 5 g</li><li>• Glycine: 1 g</li><li>• Maltodextrin: 20 g</li><li>• MCT Oil: 1 Tbsp</li><li>• Creatine Monohydrate: 5 g</li><li>• ¼ Sugar-Free Powdered Drink Mix (like Kool-Aid)</li><li>• ¼ cup sugar substitute (like Stevia)</li><li>• 12 oz. water</li></ul> <p><b>Phase 2 – Taken 15 Minutes Prior To Training:</b></p> <ul style="list-style-type: none"><li>• 12 oz. water</li><li>• Caffeine: 100mg</li><li>• Strong Black Coffee – One 8-oz. cup (Note: If you don't like coffee, simply chew up one 200 mg caffeine tablet instead of the 100mg + coffee)</li></ul>
<p><b>Supplement Recipe Directions:</b></p>	<p>About 45 minutes prior to training, measure out 1 Tbsp of MCT oil into a measuring spoon and consume orally (MCT oil has no taste).</p> <p>Immediately mix all remaining "Phase 1" ingredients in an enclosed drink container and shake vigorously (do NOT pre-mix the ingredients until you are ready to consume as creatine loses its effectiveness in liquid over time). Consume the remaining "Phase 1" drink mixture.</p> <p>For "Phase 2", crush up 100 mg (usually half of a standard tablet) of caffeine (try to buy a brand in tablet form and without a "coating" on it) in a pill crusher or between 2 spoons, and dissolve it in an 8 oz, cup of strong coffee (will yield a total dose of about 186 mg of caffeine).</p> <p>Sip the coffee starting at about 15 minutes out from training (like in the car on the way to the gym) along with sips of the water. (It's ok to add milk to the coffee, but try to avoid sugar. Use a natural calorie-free sweetener like sucralose or stevia if possible)</p>
<p><b>Approximate 30-Day Cost For Formula:</b></p>	<p><b>Approximately <u>\$15.74</u> Per Month!*</b> *Based upon 1 dose per day for 30 days (30 total doses)</p>

**Bonus Supplement Formula – "Pre-Workout 2-Phase Primer"**  
[www.HomemadeSupplements.com](http://www.HomemadeSupplements.com)

## **Homemade Supplement Secrets - Bonus Edition**

**Recipe Goal:** Intense workouts require much preparation if you're going to reap the benefits of your hard work. Entering the gym without an "I'm gonna get me some!" attitude results in stale workouts and less than desirable results from half-assed intensity, fatigue, and lack of motivation.

You need to OWN the gym floor and force every single repetition to submit to your will...and it all begins about an hour before you pull your cruiser into the parking lot of your local iron jungle.

This "1-2 punch" pre-workout power-booster is all you need to prepare your body for the onslaught of torture you're about to put it through on the gym floor.

**Why This Formula Works:** While many name-brand "pre-workout" supplements give the impression of limitless energy through high-sugar ingredients and caffeine, my personal formula uses a clever combination of compounds that provide a surplus of powerful energy in preparation for intense workouts while avoiding the fat-storing drawbacks of popular retail products or the common "sugar crash" halfway through a workout.

This formula combines the protein-synthesizing and muscle-sparing effects of branch chain amino acids with an uncommon pairing of "sustainable energizers" that will provide you with power loooooong into your training.

During exercise, BCAA's are utilized more than other amino acids as fuel and are typically extracted from muscle tissue resulting in strained recovery and potential loss of muscle. By supplementing with additional BCAA's prior to training, you can meet the body's demand for amino acid "fuel" during exercise without further breaking down existing muscle tissue.

Additionally, using the supporting ingredients as instructed, there is less reliance on blood sugar as a fast fuel source. With the reduced dependency on elevated blood glucose, and a ready and sustainable supply of "instant energy" from increased creatine phosphate stores, amino acids, and MCT's, your body is able to more efficiently utilize metabolized fat toward the end of your workout for increased fat burning effects while sparing muscle proteins from being robbed for energy. This results in more energy, faster recovery, more growth, and maximized post-workout fat burning.

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(Note: If you don't wish to consume caffeine, the ingredients will still provide you with sustainable energy for your workouts. However, you won't feel the same level of intensity and will probably fatigue sooner.)

### **Primary Active Ingredients Breakdown And How They Fit Into The Formula:**

#### **Branched-Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine):**

- Enhances energy, increases endurance, and aids in muscle recovery and tissue repair.
- Promotes muscle growth.
- Decreases elevated blood sugar levels and increases growth hormone production.

#### **Glycine:**

- Has the simplest form of all amino acids which allows it to fit easily within protein chains, leaving room for larger structure amino acids to aid in muscle growth. The addition of BCAA's to this formula allows all of these amino acids to work as a team to increase protein synthesis and limit muscle tissue breakdown while increasing adenosine tri-phosphate stores.
- Is a neurotransmitter in the central nervous system and of major importance to the creation of protein, creatine, glycogen, hemoglobin, adenosine tri-phosphate, nucleic acids, glucose, and other amino acids.
- Has been shown to suppress blood sugar levels by as much as 50% by causing the body to rapidly assimilating free blood glucose without spiking insulin levels. The result is more efficient usage of glucose during workouts while increasing assimilation of creatine monohydrate used in this formula.
- Is a pre-cursor to creatine so it may provide some additional energy during workouts and has been shown to increase the absorption of supplemental creatine monohydrate through enhanced glucose uptake.

### **Maltodextrin:**

- Easily digestible blend of complex carbohydrates that are derived from corn starch and provide great source of energy.
- Contains linked sugar compounds (also known as glucose polymers) that are easier for the body to ingest and use.
- Metabolized at a slow, steady rate so that high energy levels may be sustained during vigorous workouts.
- Is considered a “low-glycemic” sugar due to it’s slow metabolic assimilation so it will not spike insulin levels as faster-digesting sugars will.

### **MCT (Medium-Chain Triglyceride) Oil:**

- MCT's are considered a “fat-burning fat” in that they are quickly burned for energy in the body and cannot be stored as body fat no matter how much is consumed.
- MCT's in this formula are used for sustainable energy during intense workouts while sparing muscle tissue from being robbed for “fuel”.
- As MCT's are known to actually trigger the breakdown of body fat, it may decrease the time needed for the body to begin using fat as fuel for extended workouts, again...sparing muscle loss while increasing fat burning.
- (Note: MCT, taken in large quantities – as in over 5 Tbsp – can cause gastric upset and stomach cramps. I recommend starting at ½ Tbsp and working up to 1 Tbsp over a 1 week time frame and limiting daily consumption to just 2 Tbsp, if using in other formulas, to be safe.)

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### Creatine Monohydrate:

- There are over 100 studies showing that creatine improves exercise performance and can increase muscle mass in as little as two weeks.
- Improves performance in high-intensity exercise.
- Increases energy levels through rapid regeneration of adenosine tri-phosphate (ATP – the body’s most readily available, yet short duration, fuel source) and speeds up recovery time.

### Caffeine:

- Power and energy booster. It energizes the body to enable powerful workouts. It is a fast-acting supplement that delivers the right molecular structure to the energy systems of the body, which allows maximum energy and power exertion.
- Increases mental alertness and provides a mental surge to motivate you through the most tedious of workouts.
- Studies have shown that caffeine reaches deep into the muscle cells to provide long-lasting energy while delaying the onset of muscle fatigue.

Ingredient	Suggested Suppliers *
BCAA	<a href="http://www.customnutritionwarehouse.com">www.customnutritionwarehouse.com</a>
Glycine	<a href="http://www.nutrabulk.com">www.nutrabulk.com</a>
Maltodextrin	<a href="http://www.store.honeyvillegrain.com">www.store.honeyvillegrain.com</a>
MCT Oil	<a href="http://www.bulknutrition.com">www.bulknutrition.com</a>
Creatine Monohydrate	<a href="http://www.myvitamet.com">www.myvitamet.com</a>
Caffeine	Local Drug Store (Get Generic “Stay Awake” Brand)

\* **Note:** Depending on where you live in the world, you may need more options. I include alternatives in the complete “Homemade Supplement Secrets” program or you can search locally.

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